Using Implementation Science To MAXIMIZE Outcomes

5 THINGS TO KNOW BEFORE YOU IMPLEMENT

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Once Upon a Time....
What resonates with your own experience?

What effective implementation strategies were evident?

What implementation barriers were apparent?
Moral of the Story

Individuals cannot benefit from interventions they DO NOT experience... even with the best of intentions.
Lesson #1

Evidence ≠ Usability
Limited Results

$100 Billion
Research to Practice GAP

IMPLEMENTATION
“The use of effective interventions without effective implementation strategies is like serum without a syringe; the cure is available but the delivery system is not.”

- Fixsen, Blase, Duda, Naom, & Van Dyke, 2010
Lesson #2

Effective interventions X
Effective implementation X
Enabling context
Socially significant outcomes
<table>
<thead>
<tr>
<th>Intervention</th>
<th>Effective</th>
<th>Not Effective</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effective</td>
<td>Actual Benefits</td>
<td>Inconsistent; Not Sustainable; Poor Outcomes</td>
</tr>
<tr>
<td>Not Effective</td>
<td>Poor Outcomes</td>
<td>Poor Outcomes; Sometimes harmful</td>
</tr>
</tbody>
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Institute of Medicine, 2000; 2001; 2009; New Freedom Commission on Mental Health, 2003; National Commission on Excellence in Education, 1993; Department for Health and Human Services, 1999)
the scientific study of methods to promote the systematic uptake of research findings and other evidence-based practices into routine practice
Lesson #3

Take time to comprehensively explore evidence-based interventions before adoption
Search by Youth Characteristics

Enter Youth Characteristics

The treatment summary that you will see is based on research including all the characteristics that you select below. After selecting criteria, click on the View Results button and the system will summarize relevant Treatment Protocols and Research Papers. As you choose more characteristics, your search results are likely to decrease because less research is available that meets all of your criteria.

Strength of Evidence:

- Level: Level 1 Best Support

Problem Type:

- Anxiety
- Attention Problems
- Autism Spectrum
- Depression
- Disruptive Behavior
- Eating
- Substance Use
- Suicide
- Traumatic Stress

Age or Grades:

- Birthdate (mm/dd/yyyy): [Field]
- Age: [Field]
- Grade: [Select Grade]

Race or Ethnicity:

- American Indian or Alaska Native
- Asian
- Black or African American
- Hispanic or Latino
- Native Hawaiian or Other Pacific Islander
- White or Caucasian
- Other

Gender:

- Male
- Female
- Other

ADVANCED SEARCH OPTIONS

- View Results
The Hexagon Tool
Exploring Context

The Hexagon Tool can be used as a planning tool to evaluate evidence-based programs and practices during the Exploration Stage of Implementation.

See the Active Implementation Hub Resource Library
http://implementation.fpg.unc.edu

EBP:

5 Point Rating Scale:
High = 5; Medium = 3; Low = 1.
Midpoints can be used and scored as a 2 or 4.

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<tr>
<th></th>
<th>High</th>
<th>Med</th>
<th>Low</th>
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<tbody>
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<td>Need</td>
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<td>Fit</td>
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<td>Resource</td>
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<td>Evidence</td>
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<tr>
<td>Readiness for Replication</td>
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<tr>
<td>Capacity to Implement</td>
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Adapted from work by Laurel J. Kiser, Michelle Zabel, Albert A. Zachik, and Joan Smith (2007)
Lesson #4

Implementation is a process – not a single event.
Stages of Implementation

Exploration → Installation → Initial Implementation → Full Implementation

2 – 4 Years
Exploration Stage

Examine the degree to which a particular program or innovation meets the needs and whether implementation is feasible.
Installation Stage

Engage in practical preparations needed to initiate the new program or innovation. Once a decision is made to adopt a program or innovation, changes often must be made in multiple settings and systems to accommodate and fully support the new practice, program or innovation.
Initial Implementation

• Begin implementation efforts and engage quickly in problem-solving efforts.
• Attempts to implement a new program or innovation often falter (or end) during installation or initial implementation. This is because everyone is learning and challenges emerge as the status quo is changed.
• Often referred to as the AWKWARD stage.
Full Implementation

Implementers provide the new program, practice, or intervention with fidelity and intended outcomes are achieved.
Lesson #5

Implementation is based on a framework of integrated and compensatory core components or drivers.
5 Things You Now Know

1: Evidence ≠ Usability
2: Formula for Success
3: Explore before implementation
4: Implementation occurs in stages
5: Implementation drivers
Resources

http://implementation.fpg.unc.edu/

http://nirn.fpg.unc.edu/

http://globalimplementation.org/
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